Stay Alive Longer!

Slipped Chest A Danger Sign —Take Action!

By LELORD KORDEL

Do you eat as much now as you did when you played college football fifteen, twenty, or thirty years ago? If so, you're asking for trouble . . . and you'll get it. First, perhaps, in the form of a slight paunch. "A portly look," you tell yourself. A well-fed, filled-out, successful look that you consider rather becoming at first. Not bad for a fellow who used to be a string bean.

When the portly look gets out of bounds and becomes a definite bay window, you try to laugh it off: "My chest must've slipped down!"

But you can't laugh off the increasing shortness of breath, the pangs of "indigestion," the difficulty in tying your shoelaces, and the constant fatigue.

You can blame the high-fat, high-starch diet for much of your body degeneration.

CHOP TREES

Grandfather ate his flapjacks, and then went out to chop down trees for fuel and shelter. His grandson consumes the same high-energy meals, and sits all day at a desk in a well-heated office. Grandfather needed 4,000 calories a day to chop wood. Grandson needs only 1,900 to be a chair-warmer.

Within your life span there is a relatively consistent sequence of events which gradually adds up to a physiological "rusting-out."

Watch a boy of ten at play. How filled with energy and enthusiasm he is! How clear and bright his eyes appear. Yet the lenses of those young eyes have already begun to lose elasticity. By the time the boy is twenty, a slow continuous decrease in the volume and acidity of the digestive juices begins.

SLOW DOWN

Each individual, however, can help slow down his own rusting. Much of the deterioration seen in human aging is not necessary. Authorities studying new ways toward greater longevity think that man perhaps has the potential to live 150 years. They believe 100 years is a figure to which gerontologists may reasonably aspire.

But consider this appalling fact: One man out of every 60 now dies of a heart attack, many of the victims before they have gone even halfway to the 100-year mark.

ONLY THIRTY

You're only thirty, you say. Your nerves are steel and your stomach is cast-iron. Fine! Keep them that way with proper food, adequate rest, and regular physical examinations to guard against the diseases that sneak up on you.

Work hard if you like, but ease up a bit as you grow older. Play a little, relax a lot, and no doubt you will live to be a hundred! Unless . . .

The director of the University of Arizona Department of Art, Dr. Harry Wood, is speaking:

UGLIEST FACES

"Americans have the ugliest faces in the world. They show the marks of strain, tension and inner conflict that you don't find elsewhere. And these form marks of ugliness."

There are at least 15 million Americans with these faces—the harassed executive, straining every nerve to keep abreast of competition; the teacher, on whose shoulders rests responsibility for the future generation; the statesman, who decides the fate of the nation, and the actor, who lives by his emotions.

The tensions of modern business are prevalent wherever a man has to keep driving hard in order to get ahead, and harder still to stay ahead.

YEARS PASS

So you are only thirty, but years pass. Ten years . . . twenty . . . twenty-five . . .

Can this be you? It can't be! This tense and harried man with the consuming ambition that will never let him rest until it destroys him? This man who has all the money he needs, but won't take time to enjoy it? Who, at his present tempo, won't even live to enjoy it? Yes, it is you, and you, and you.

Your name is legion.

FOUR AILMENTS

There are four common ailments that spell the differences between a healthy and a sickly old age. They are, in this order:

1. Disorders of the heart and circulatory system: hypertension, hardening of the arteries, coronary thrombosis, and apoplexy.
2. Cancer.
3. Arthritis.
4. Nervous and mental disorders.

Heart disease tops the list of causes of death in the United Sates. In spite of all the modern medical facilities available for detection and amelioration, heart ailments caused 45 per cent of New York's 81,588 deaths in 1955.

Tomorrow Stop Clogging Up Your Arteries - the deadly danger of cholesterol.

Hard-working executive of the Junior Auxiliary of the Royal Jubilee Hospital pictured at the Nurses' Residence after the annual meeting yesterday (left to right) are new second vice-president, Mrs. K. W. L. Scace; past president, Mrs. Keith Dixon; new president, Mrs. W. A. Trenholme and Mrs. R. W. Campbell, first vice-president.—(Colonist photo.)

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$15,000 Given by Auxiliary For Hospital Furnishings

Over $15,000 has been placed in investments towards furnishings for new wing to the Royal Jubilee Hospital.

This was announced yesterday by the Junior Auxiliary to the hospital at the annual meetting.

Retiring president, Mrs. Keith Dixon, said this amount which was raised entirely by the auxiliary was made up of $9,000 collected in 1957 and $6,000 collected in 1958.

MRS. TRENHOLME

Newly-elected president of the group is Mrs. W. A. Trenholme, and first and second vice-presidents are Mrs. R. W. Campbell and Mrs. K. W. L. Scace. Mrs. J. A. Hutchison is secretary, and Mrs. P. S. Widdup, treasurer. Others on the executive are Mrs. C. Chapman. Mrs. W. E. G. Nichols and Mrs. Frank Weston.

"Net receipts for thte year amounted to the gratifying sum of $9,368," said retiring secretary Mrs. Scace.

$1,727 SPENT

Mrs. Scace went on to say that in addition to the bonds presented to the hospital, the auxiliary had spent $1,727 on behalf of the hospital and student nurses. Of this, the largest amount was $1,020 donated for salaries and supplies in the occupational therapy department.

The annual graduation bursary of $400 was presented to Miss Marilyn Chung.

During the year money was raised in a variety of ways.

Mrs. Frank Weston, Thrift Shop convener, reported gross sales this year of $3,440. This store is stocked by members of the auxiliary and their friends, and is entirely staffed by members. It is a major source of revenue.

The Mobile Shop, under convenership of Mrs. L. J. Coulcher, reported $2,350 in receipts. Operated five days a week, the "shop on wheels" visits most patients twice a week and "apart from the business side of the operation, offers a pleasant diversion to patients."

ANNUAL BAZAAR

The annual bazaar, convened by Mrs. T. M. Walker netted $3,233. A further $337 came from two knitting showcases, and $231 from the Centennial Open House.

The report showed an impressive number of services.

The Home and Hospital Visiting Committee worked hard driving patients to and from the hospital for treatment. Christmas trees throughout the hospital were decorated. Graduating nurses were entertained at several parties and bursaries presented.

A motion was passed that the Junior Auxiliary have representation on the hospital board.

Committees were named as follows:

Thrist Shop treasurer, Mrs. Leslie Aylard; Moble Shop treasurer, Mrs. L. J. Coulcher; Home and hospital visiting, Mrs. F. W. Batholomew; publicity convener, Mrs. J. M. Porter; knitting convener, Mrs. Shirley Milligan; training school representative, Mrs. H. K. Burnett; tea convener, Mrs. Howard Knott; telephone convener, Mrs. C. V. Gilbert and financial advisory committee, Mrs. A. P. Rainey, Mrs. A. A. Meharey and Mrs. Keith Dixon.

Shopping with Sally

February Bargains

Clear the way, I'm coming through with some first-of-February clearance values you can't really afford to miss!

One well-known downtown trinket shop, famous for its glittering window filled with articles from all over the world, is holding a big sale all this week. Even browsing in this store is fun!

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Attention, gentlemen! Unlike the ladies, your shoes seem to last and last. Here's a suggestion from Sally that'll put a spare pair in the closet for the Easter parade. Buy now at these reduced prices at certain of the city's shoe stores. One value I noticed were good-looking shoes, regularly $15.95 to $21.95, priced this week from $9.95 to $13.95.

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Another eye-opening sale is the one on this month at a downtown furniture store.

Left-over from complete living room suites are these large, upholstered easy chairs in the latest colors and fabrics, each one individual. They're selling from $39.75 to $49.75—a good buy for den or recreation room.

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Mirror, mirror on the wall? Well, if you want an answer why not purchase one of these regularly $19.95 mirrors, 20 by 30 inches in plate glass with polished edges and a smart design in one corner. They're selling for $12.98.

STRAWBERRIES

Plant and pick this summer—the marvellous new Red Rich Everbearing. Virus-free plants of new Paymaster, Jumbo, and U.S.D.A. Premier. All guaranteed true stock; guaranteed safe delivery anywhere in Canada. These and nearly 2,000 other fine things for your garden, described in our big illustrated 164 page Seed and Nursery Book for 1959. Send for your FREE copy today.

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